

## **The Discovery House Executive Summary**

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### **Project Executive Item 1: Realized Project Summary & Benefit**

This semester has been filled with our action team discovering many treasures. One in particular being, our new friends at the Discovery House. The Discovery House is a local facility that helps adult individuals with intellectual disabilities. Our team wanted to create a difference with our community partner. Our original goal had to have minor adjustments here and there. We wanted to form exciting and fun friendships with our newly found friends at the Discovery House. Therefore, our service project was to find an activity that the patients would enjoy taking part in. We came up with so many ideas it was hard to keep track of them, but one in particular stood out to us, a fall fest! We intended on just having the fall fest for them but we soon realized what activities would they do after, that is when we came up with the second project of an activity book. The activity book will allow Mrs. Carolyn to have access to activities more easily for the patients. Our team believed the book would help not only the patients but also Mrs. Carolyn. Our team has overcome many challenges, but most importantly, we were blessed with getting the Discovery House as a community partner. Although some may say we are only help in a small way; the Discovery House helped our team realize our capabilities. When any of our members walk through the doors of the Discovery House the patients, faces light up like its Christmas morning. The feeling of home is what we get when we walk in and that is the best benefit of all.

On October 27th, we hosted a fall fest for the patients and faculty, and soon we will be presenting them with an activity book filled with fun games that they all can play based on mental health coping skills. The goal for our project is to give the Discovery House patients a fall fest they would enjoy. We always have fun with our friends while at the Discovery house.

Through our visits and projects, we hope to achieve the goal of creating lifelong friendships with our discovery house family.

### **Project Executive Item 2: Leadership Lessons Learned**

Overall, our team has worked extremely well together trying to plan our service project. We have also separately volunteered at the Discovery House in order to spread out our time spent with the patients. Furthermore, our action team has encouraged social interaction between all of the patients. The Discovery House has influenced each of us in different ways. We have all overcome our different challenges.

Our greatest challenges are time management and organizing our schedules. When we started, we struggled with coming up with a project idea. We then decided to brainstorm and put all of our ideas together and actually came up with two project ideas. Our project ideas are to organize a fall fest and putting together an activity book. One of the lessons we learned was to use our outside sources to help contribute and improve our original fall fest so the patients can have a day of social interaction and fun. The activity book is so Mrs. Carolyn can access easily multiple diverse activities and coloring sheets. The biggest challenge we faced is synchronizing our schedules to make our project happen.

Some of the most important leadership lessons we are learning include, time management, commitment, and teamwork. We expected to learn just about leadership but we ended up learning about each other and patience. Each member has to take time and figure out our schedules to see what days and times we will be able to make it to our community partner. Although we each go, whether in groups of two or by ourselves, on different days and times we still have been able to create multiple friendships with the patients. Another challenge we have noticed is when we first arrived at the Discovery House was that our group struggled with coming out of our shells, but the patients helped us build on our group's social skills. We wanted to be able to create a relationship with the patients through making sure they were having fun and are able to feel comfortable interacting with our group when we visit.